



SMALL GROUP AGREEMENT

AS A GROUP, WE WILL:

- Create a space where people feel cared for, prayed for, encouraged, and respected — a place people can't wait to return to!
- Limit the group size to six people or fewer to allow each person the opportunity to participate without feeling rushed.
- Recognize that there will be ups and downs and that pain and illness will sometimes cause us to speak or respond in uncharacteristic ways.
- Start and end on time, respecting the energy limits of each member.
- Be open and authentic, creating the opportunity for deeper relationships with each other and with God.
- Engage in discussion, allowing each member a chance to speak and be heard.
- Affirm and respond when someone shares. Vulnerability is risky. Encourage one another.
- Keep what is said in each meeting private and confidential.
- Be gracious and kind. We're each affected differently by illness, at different points in the journey, and we may not share the same views on healing, medications, diets, treatments, or doctors.
- Let the facilitator know if you won't be there and how the group can pray for you.
- Be considerate of the needs of others by:
 - not wearing perfume, cologne, or scented lotions.
 - not soliciting the sale of products or services.
 - offering group members, the freedom to sit, stand and move to increase comfort.

SIGN: _____ DATE: _____



Visit chronic-joy.org for more resources.

A PRAYER OF KINSHIP IN ILLNESS & PAIN SMALL GROUPS

Merciful Father, on the difficult days, let Your peace wash over us, reminding us that Your mercies are new every morning (Lamentations 3:22-23). On the desperate days when we beg You to take this pain away, please sustain us. When we wonder if things will ever improve, and illness feels like our whole identity, remind us that **we are Your beloved children, the ones You delight in, the ones You sing over** (Zephaniah 3:17). Our worth is not our diagnoses but can only be assigned by You.

In pain or grief, we want to delight in You, and whether Your answer is "no" or "not yet," we will continue to pray for healing. Our bodies might be wasting away, but our souls are renewed day by day (2 Corinthians 4:16).

Breathe life into these parched souls, Lord! It is so easy to grow discouraged. Forgive us for focusing on what we have lost instead of what You have promised. Show us what You have for us in this place.

How are You calling us, Lord?

How are You preparing us to serve You in new ways?

Create in us a pure heart, O God, and renew a steadfast spirit within us (Psalm 51:10).

Teach us to listen attentively and speak with grace, seasoned with salt (Colossians 4:6), so that we may be a sweet encouragement to others.

Thank You for the promises held in Romans 5:3-4: ... **we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.** The qualities borne of suffering are the ones we want, even if the suffering scares us, even if the pain sometimes seems impossible to bear. Remind us that refining requires a very hot fire and that burning away the dross is painful, but **You are with us** every step of the way.

Thank you for the precious gift of life, for listening to each word we pray (Psalm 66:19), for catching every tear in a bottle, for numbering every hair on our heads, and for holding us securely in the palm of Your hand. We look forward (with bright anticipation) to spending eternity in Your Presence when our days on earth are done. Until then, may we live each day and every breath for all Your great glory. In Jesus' name, amen.



Visit chronic-joy.org for more resources.